CRISIS INTERVENTION

Presented By:
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Mental Health Section

Purpose

- ✔ Identify a crisis
- ✔ FSG members involvement with crisis intervention
- ✔ Steps of effective intervention

What is a Crisis?

- A person or group is facing a problem that can’t be solved by using coping mechanisms that have worked before.
- Results in tension and anxiety.
- Less able to find a solution.

Psychological Effects of a Crisis

- ✔ Anxiety, Guilt, Worry
- ✔ Irritability
- ✔ Frustration
- ✔ Concentration
- ✔ Depression
- ✔ Suicide

Physiological Effects of a Crisis

- ✔ Heart
- ✔ Digestive Problems
- ✔ Trembling
- ✔ Muscle Tension
- ✔ Headaches, Backaches

Behavioral Effects of a Crisis

- ✔ Alcohol, Drugs, Caffeine, Tobacco
- ✔ Emotional Outburst
- ✔ Accidents
- ✔ Somatic complaints
- ✔ Absent
- ✔ Nervous Behavior
- ✔ Communication
- ✔ Sleep Disorders

FSG role in Crisis Intervention

- Frequently in contact with both individuals and groups who are in potential crisis because of a loss or threat of a loss.
- Most often are the initial contact made by the person in crisis.

Levels of Intervention

- ✔ Preventive
- ✔ Secondary
- ✔ Tertiary

Barriers to Crisis Intervention

- ✔ Gender
- ✔ Occupation
- ✔ Marital Status
- ✔ Race
- ✔ Religion
- ✔ Culture
- ✔ Age
- ✔ Education

Steps in Intervention

- ✔ Assessment
- ✔ Planning
- ✔ Intervention
- ✔ Resolution
- ✔ Anticipatory Planning

Assessment

- ✔ Individual
- ✔ Problem
- ✔ Precipitating events
- ✔ Resulting crisis

Planning

- ✔ Time onset of crisis
- ✔ Effects on self
- ✔ Effects on others
- ✔ Coping skills past and present
- ✔ Finding support systems

Intervention

- ✔ Gain understanding of crisis
- ✔ Normalizing crisis
- ✔ Alternate coping strategies
- ✔ Using situational support
  - -Multidimensional awareness

Resolution

- Reinforce adaptive coping mechanisms
- Check on progress made toward resolving crisis

Anticipatory Planning

- Realistic planning for the future
- Coping with future crises
- What did individual and group learn about themselves?

Summary

- ✔ Purpose
- ✔ What is a Crisis
- ✔ Levels of Intervention
- ✔ Effect of a Crisis
- ✔ Steps of Intervention
- ✔ Barriers to Intervention

How to contact DMHS

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www.
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Stressful event
State of Equilibrium
Stressful event
Disequilibrium
Need to restore balance
a. Balancing factors present
b. One or more factors absent
Realistic perception of the event
Distorted perception of the event
Adequate situational support
No adequate situational support
Adequate coping mechanisms
None or inadequate coping mechanisms
Resolution of the problem
Problem unresolved
Equilibrium gained
Disequilibrium continues
No crisis
Crisis
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